VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: ZVL

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Weerdt Koen

Coaches: Gijsemans Liesbet

Coaches: De Belder Nathalie HEADCOACH

PB => Personal Best time **SB => Seasons Best time: Season starting point: first of September.**

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:4, starttime: 14:37

Heat: 4/7 Lane : 5 Athlete: VAN BREEDAM LENA — **Q-time: 01:33:82**

PB (50m pool): 01:33.82 Wezenberg 01/02/2026 **PB (25m pool):** 01:34.58 **SB:** 01:33.82 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:43.77	01:33.82	
	00:43.77	*00:50.05*	
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Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:5, starttime: 15:46

Heat: 5/7 Lane : 6 Athlete: VAN BREEDAM LENA — **Q-time: 00:36:29**

PB (50m pool): 00:36.29 Wezenberg 01/02/2026 **PB (25m pool):** no time **SB:** 00:36.29 Wezenberg 01/02/2026

	5 0 M	
PB	00:36.29	
	00:36.29	
	. . : . . : . .	

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:5, starttime: 16:56

Heat: 5/7 Lane : 2 Athlete: VAN BREEDAM LENA — **Q-time: 01:22:57**

PB (50m pool): 01:26.32 Wezenberg 01/02/2026 **PB (25m pool):** 01:22.57 **SB:** 01:26.32 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:40.81	01:26.32	
	00:40.81	*00:45.51*	
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Coach feedback: